



## Stay cool and play safe with these fun tips!



**1. Wear proper well-fitting safety gear for your sports at every practice and game - even if you are just in the backyard.**

**2. Proper safety gear may include a helmet, padding, shin guards and eye protection.**



**3. Stay hydrated while exercising. Drink one glass every 15-20 minutes while playing in the heat, and more after you are done playing.**

**4. Wear sunscreen when playing outdoors.**



**5. Be sure you have a safe area to play sports - away from driveways, streets and bodies of water.**

## Did you know...

Most organized sports-related injuries occur during practice rather than during games.





Like Sully always says,  
"When it's hot outside, it's important to drink plenty of water."

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